

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (amended). An abdominal exercise machine for exercising abdominal muscles, comprising

an upper member and a lower member, said upper member and said lower member comprising generally extending members;

a semi-rigid member providing a range of bending force, said semi-rigid member coupled to said upper member and said lower member; and

whereby feedback is provided when a predetermined abdominal exercise is performed,

wherein said upper member is configured to contact a portion of the frontal upper body of the user, and said lower member is configured to contact at least one upper leg portion of a user.

Claim 2 (original). An abdominal exercise machine as set forth in claim 1, wherein

said generally extending members of said upper member separate by a range from 0-180 degrees;

said upper member further comprises an engagement member; and

said semi-rigid member coupled to said lower member by a pivoting joint.

Claim 3 (original). An abdominal exercise machine as set forth in claim 2, wherein

said semi-rigid member securely coupled to said upper member; and

said semi-rigid member securely coupled to said pivoting joint.

Claim 4 (original). An abdominal exercise machine as set forth in claim 2, wherein

said semi-rigid member detachably attachable to said upper member; and

said semi-rigid member detachably attachable to said pivoting joint.

Claim 5 (original). An abdominal exercise machine as set forth in claim 1, wherein

said semi-rigid member coupled to said upper member by upper attachment means; and

said semi-rigid member coupled to said lower member
by lower attachment means.

Claim 6 (cancelled).

Claim 7 (cancelled).

Claim 8 (cancelled).

Claim 9 (original). An abdominal exercise machine as set forth in claim 5,
wherein

said generally extending members of said upper
member comprise rotatable handgrips.

Claim 10 (original). An abdominal exercise machine as set forth in claim 9,
wherein

said semi-rigid member securely coupled to said upper
attachment means and said lower attachment means.

Claim 11 (original). An abdominal exercise machine as set forth in claim 9,
wherein

said semi-rigid member detachably attachable to said
upper attachment means and said lower attachment means.

Claim 12 (cancelled).

Claim 13 (cancelled).

Claim 14 (cancelled).

Claim 15 (original). An abdominal exercise machine as set forth in claim 5,
wherein
said lower attachment means comprising a pivot joint
providing a pivot motion along the axis of said semi-rigid
member.

Claim 16 (cancelled).

Claim 17 (original). An abdominal exercise machine as set forth in claim
15, wherein
said semi-rigid member securely coupled to said upper
attachment means and said lower attachment means.

Claim 18 (original). An abdominal exercise machine as set forth in claim
15, wherein
said semi-rigid member detachably attachable to said

upper attachment means and said lower attachment means.

Claim 19 (original). An abdominal exercise machine as set forth in claim 5,
wherein

said lower attachment means comprising a pivot joint
providing a combination of a pivot motion along the axis of
said semi-rigid member and a rotational pivoting motion.

Claim 20 (cancelled).

Claim 21 (cancelled).

Claim 22 (original). An abdominal exercise machine as set forth in claim
19, wherein

said semi-rigid member detachably attachable to said
upper attachment means and said lower attachment means.

Claim 23 (original). An abdominal exercise machine as set forth in claim 5,
wherein

said lower attachment means comprising a ball joint
having a ball joint assembly, a ball joint cover and an opening;

said semi-rigid member coupled to said ball joint via
said opening of said ball joint assembly; and

said ball joint allowing for a side to side as well as a

front to back motion of said semi-rigid member.

Claim 24 (original). An abdominal exercise machine as set forth in claim 23, wherein
said generally extending members of said upper member being substantially parallel to said lower member.

Claim 25 (original). An abdominal exercise machine as set forth in claim 23, wherein
said semi-rigid member securely attachable to said upper attachment means and said lower attachment means.

Claim 26 (original). An abdominal exercise machine as set forth in claim 23, wherein
said semi-rigid member detachably attachable to said upper attachment means and said lower attachment means

Claim 27 (amended). An abdominal exercise machine for exercising abdominal muscles, comprising
an upper member and a lower member, said upper member and said lower member comprising generally extending members; and
a plurality of semi-rigid members providing a range of bending force, said plurality of semi-rigid members coupled to

said upper member and said lower member;

whereby feedback is provided when a predetermined abdominal exercise is performed,

wherein said upper member is configured to contact a frontal upper body portion of the user, and said lower member is configured to contact a portion of at least one upper leg of a user.

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Claim 28 (original). An abdominal exercise machine as set forth in claim 27, wherein

said generally extending members of said upper member are curved.

Claim 29 (amended). An abdominal exercise machine as set forth in claim 27, wherein

said semi-rigid member securely coupled to said upper member --attachment means-- and said lower member --attachment means--.

Claim 30 (amended). An abdominal exercise machine as set forth in claim 27, wherein

said semi-rigid member detachably attachable to said upper member --attachment means-- and said lower member --

attachment means--.

Claim 31 (cancelled).

Claim 32 (cancelled).

Claim 33 (amended). An abdominal exercise machine for exercising abdominal muscles, comprising:

means for engaging [an] a frontal upper body portion;

means for engaging a frontal lower body portion; and

semi-rigid means for flexibly resisting compression, said semi-rigid means coupling said upper body engaging means and said lower body engaging means, said semi-rigid means spanning abdominal muscles for exercise thereof;

whereby abdominal muscles are exercised when said semi-rigid means undergoes compression when said upper body portion is brought towards said lower body portion and feedback is provided during a predetermined abdominal exercise.

Claim 34 (cancelled).

Claim 35 (new). An abdominal exercise machine for exercising abdominal muscles, comprising

an upper member and a lower member, said upper member and said lower member comprising generally extending members; and

a semi-rigid member providing a range of bending force, said semi-rigid member coupled to said upper member and said lower member;

whereby said semi-rigid member is generally in front of a user, such that feedback is provided when a predetermined abdominal exercise is performed.

Claim 36. (new). An abdominal exercise machine for exercising abdominal muscles, comprising

an upper member and a lower member, said upper member and said lower member comprising generally extending members; and

a plurality of semi-rigid members providing a range of bending force, said plurality of semi-rigid members coupled to said upper member and said lower member;

whereby said semi-rigid member is generally in front of a user, such that feedback is provided when a predetermined abdominal exercise is performed.